

spryng:

INGREDIENTS

Palatinose

WHAT IS IT?

Palatinose is the only functional carbohydrate that is fully digestible, but also slow-released. Palatinose is all natural, very low glycemic (32), low insulinemic, and tooth-friendly.

WHAT DOES IT DO?

Provides prolonged natural caloric energy.

Absorbed four to five times more slowly than sucrose and thus provides a more prolonged fuel for the brain than sucrose or pure glucose (whole grains). This slowed absorption also means Palatinose provides a better and longer lasting energy supply to muscles as well.

Palatinose promotes fat burning by increasing the use of body fat and fatty acids as energy sources. Palatinose has a unique absorption that leads to the release of glucose energy at exactly the level where it triggers an increased rate of fat metabolism, leaving glycogen stores intact in the liver and muscles where they are needed.

Coconut Water

WHAT IS IT?

Coconut water is the clear liquid from the center of a young, green coconut.

WHAT DOES IT DO?

Coconut water has been shown to rehydrate the body and replenish electrolytes as well as a sports drink and better than water alone.

Coconut water is rich in potassium and magnesium and provides far more potassium than a banana.

In performance driven sports drink studies, Coconut water came out on top as the best way to stay hydrated, improve recovery, and increase performance.

L-Glutamine

WHAT IS IT?

Glutamine is a conditionally essential amino acid in the body.

WHAT DOES IT DO?

Glutamine has been shown to decrease recovery times and increase protein synthesis as well as improve physical performance over extended periods of time.

Glutamine supplementation has been shown to aid in the prevention of muscle breakdown.

Glutamine helps maintain hydration and volume on a cellular level, which in turn has been shown to speed recovery from traumatic injuries and illness.

Glutamine aids in boosting your immune system and reduces damage to immune cells associated with prolonged exercise.

When paired with a carbohydrate source (Palatinose), Glutamine can increase the rate at which glycogen is replenished therefore restoring a natural energy balance.

Glutamine has recently been shown to improve intestinal health as it relates to Crohn's disease by reducing the permeability of the intestines.

Citrulline Malate

WHAT IS IT?

Citrulline Malate is the amino acid L-Citrulline and Malic acid bound together.

WHAT DOES IT DO?

L-Citrulline aids in the urea cycle and therefore aids in the removal of endotoxins like lactic acid and ammonia, which damage cells and decrease athletic performance.

Citrulline Malate has been shown to significantly reduce muscle fatigue and buffer lactic acid build up during exercise.

Citrulline Malate has been shown to increase ATP (Cellular Energy Production) by up to 30% or more.

Citrulline Malate is a superior choice to Arginine for increasing plasma Arginine levels for extended periods of time. By increasing plasma Arginine levels, Citrulline Malate is a superior choice for regulating Nitric Oxide and therefore increases both blood flow and protein synthesis.

Citrulline Malate helps optimize natural growth hormone production.

When combined with B-Vitamins (B-12) and CoQ-10, significant increases in energy levels, circulation and tissue oxygenation are noted.

Alpha-GPC

WHAT IS IT?

Alpha-GPC is the most pharmacologically active choline supplement and influences both brain and systemic choline concentrations.

WHAT DOES IT DO?

Alpha-GPC has been shown to have strong cognitive enhancing properties in a non-stimulant form. In addition, Alpha-GPC was shown to increase attention and reaction time.

Alpha-GPC is known to increase dopamine and serotonin levels in the brain.

Alpha-GPC has been shown to significantly reduce the rate of cognitive decline.

Alpha-GPC appears to significantly improve cognition in persons with Alzheimer's disease.

Alpha-GPC has been shown to increase exercise induced growth hormone.

ElevATP

WHAT IS IT?

ElevATP™ is a proprietary, cold water extract of trace minerals from apples and ancient peat.

WHAT DOES IT DO?

In clinical human trails, elevATP was shown to stimulate the production of ATP (cellular energy) by up to 64% without increasing lactic acid or free radicals.

Co Enzyme Q10 (CoQ-10)

WHAT IS IT?

CoQ10 is a molecule that serves as an antioxidant as well as aiding in the production of ATP by improving mitochondrial function.

WHAT DOES IT DO?

CoQ10 is known to protect blood vessels and increase blood flow.

CoQ10 has shown great benefits for individuals who have had a heart attack or who suffer from fibromyalgia and is one of the most recommended supplements by doctors in these instances.

CoQ10 has shown positive effects at reducing inflammation and fighting free radicals and even reducing free radical formation.

CoQ10 has been shown to reduce fatigue during exercise and increase VO2 max while also preventing exercise induced CoQ10 deficiency.

CoQ10 increases the body's ability to produce ATP by improving mitochondrial function.

Ashwagandha

WHAT IS IT?

Ashwagandha is an adaptogen that has been used in Ayurveda for hundreds of years and is commonly known as Indian Ginseng.

WHAT DOES IT DO?

Ashwagandha has been used to enhance vitality and virility for centuries.

Ashwagandha has been shown to decrease total cholesterol as well as decrease blood glucose.

Ashwagandha has been shown to be very effective at reducing anxiety, depression, and the symptoms of stress like cortisol levels (14.5-27.9% decrease).



Ashwagandha has been shown to reduce the perception of fatigue with continued use as well as improve overall sense of well-being.

Ashwagandha supplementation produced increases in anaerobic performance and well as VO2 max and overall power output in exercise.

Ashwagandha supplementation has shown a mild immune boosting effect.

Lycium Berry Extract

WHAT IS IT?

Also known as Goji Berry Extract, Lycium Berries are native to the Himalayan mountains and have been used in traditional Chinese medicine for centuries.

WHAT DOES IT DO?

Goji is an incredible source of vitamin C and contains more than almost any other food on earth.

Reported traditional benefits include: Increased immune system function, anti-aging properties, improved eyesight, lowered cholesterol, and improved kidney and liver function.

Cordyceps Extract

WHAT IS IT?

Cordyceps is a fungi that has been used in traditional Chinese medicine for centuries for its potential anti-aging and vitality benefits.

WHAT DOES IT DO?

Cordyceps may improve VO2 max and lactic acid threshold and through these mechanisms improve performance and decrease fatigue.

Cordyceps decreased symptoms of stress in several tests.

Cordyceps extract may naturally balance hormone levels.

Vitamin C

WHAT IS IT?

Vitamin C is a water soluble essential vitamin known for its antioxidant and immune boosting properties.

WHAT DOES IT DO?

Vitamin C has been shown to reduce the frequency of common colds. In some populations risk for the common cold is halved.

Vitamin C preserves the function of Vitamin E by protecting the body from free radicals and is one of the most well-known and commonly used anti-oxidants.

Vitamin C has been shown to have neuroprotective effects, blood flow benefits, and aids in the preservation of natural testosterone levels.

Niacin

WHAT IS IT?

Niacin (Vitamin B3) is a water soluble B vitamin known for its role in regulating cholesterol levels.

WHAT DOES IT DO?

Niacin has been shown to boost HDL cholesterol and lower triglycerides as well, or better than many prescription drugs.

Niacin may help reduce hardening of arteries and may also reduce the risk of a heart attack in individuals who have already suffered a heart attack.

Niacin plays a vital role in energy production due to its role in the conversion of carbohydrates to glucose in the body.

Niacin helps detoxify the body.

Vitamin B12

WHAT IS IT?

B12, or Cobalamin, is a water soluble B vitamin known for its role in energy production and neurology.

WHAT DOES IT DO?

B12 plays a vital role in energy production due to its role in the conversion of carbohydrates to glucose in the body.

B12 helps protect against heart disease and improves healthy cholesterol levels.

B12 is essential for healthy tissues in the body including muscles, tendons, etc.

Low B12 levels were found in depressed individuals and some studies even suggest a causative role between low B12 and depression in some individuals.



Magnesium

WHAT IS IT?

Magnesium is a mineral that is the second most common deficiency in the world and is the second most common electrolyte in the body.

WHAT DOES IT DO?

Optimum magnesium levels are associated with increased brain function, improved glucose metabolism, and blood pressure regulation.

Magnesium deficiency is associated with depression, high blood pressure, impaired learning and neural development, and ADHD (magnesium decreases inappropriate excitation).

Magnesium supplementation has been shown to increase muscle oxygenation and significantly improve overall aerobic exercise performance.

Magnesium is essential for proper muscle and nerve function.

Potassium

WHAT IS IT?

Potassium is a mineral that is essential for heart, kidney, and other organ health.

WHAT DOES IT DO?

Potassium is essential for maintaining proper hydration in the body.

Potassium is essential for proper muscle and nerve function.

Potassium may reduce the risk of kidney stones and kidney disease.

Potassium helps boost brain function and has shown promising benefits with depression, anxiety and psychosis.

